

BODYTECH®

CREATINE MONOHYDRATE

HELPS BUILD MUSCLE, STRENGTH & MASS.



MUSCLE STRENGTH ▲



MUSCLE ENDURANCE ▲



DELAYS FATIGUE ▲



FRUIT PUNCH

NATURALLY & ARTIFICIALLY FLAVORED
DIETARY SUPPLEMENT

NET WT. 16.5 oz. (468g)

Supplement Facts

Serving Size 1 Scoop (6g)

Servings Per Container About 78

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%†
Creatine Monohydrate	5 g	*

† Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

Other ingredients: Citric acid, maltodextrin, natural and artificial flavor, sucralose, FD&C Red #40.

Does not contain: Gluten, Sugar, Salt, Preservatives.

Contains Pure Creatine Monohydrate

Creatine monohydrate may help to improve muscle performance during high intensity exercise and training such as weight lifting, running and other intense activity. ▲

As with any dietary product, to receive the desired benefits, this product should be used in conjunction with a well-balanced diet and exercise program. If you have a medical condition, consult your healthcare professional before beginning such a program. ▲

Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.bodytech.com or call 1-800-223-1216
for more information and to reorder.

DIRECTIONS: Mix one (1) scoop (6g) with 8-12 oz. of water and consume immediately.

Loading Phase: Days 1-5: Mix one (1) scoop (6g) in 8-12 oz. of water or juice and take four (4) times daily.

Maintenance Phase: Day 6 and beyond: Mix one (1) scoop (6g) in 8-12 oz. of water or juice and take daily.

WARNING: Not to be taken by pregnant or nursing women or children. People at risk for renal disorders, particularly diabetics, should consult their physician prior to use.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.



▲ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Item No. VS-1874

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